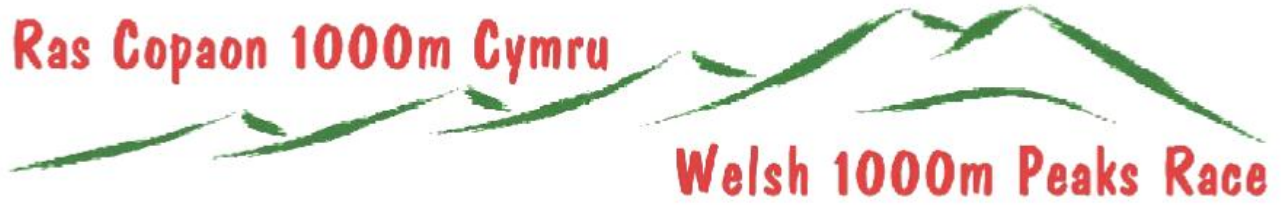


**Ras Copaon 1000m Cymru**



**Welsh 1000m Peaks Race**

The 41st race

## **CANLYNIADAU/RESULTS**



Typical conditions! Photo thanks to Andy Humphrey

**9 Mehefin/9 June 2012**

Sponsored by the First Hydro Company

[www.welsh1000m.org](http://www.welsh1000m.org)

**CLWB GORPHWYSFA CLUB**

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## *Race Director's report*

### **Dear competitor/marshal/helper**

Sadly my race report this year will not be quite the same as last year – anyone remember 2011? I wrote 'not only did the organisation run like clockwork – but the sun shone too. Who needs to go to the Sahara desert to run in the sun?' I guess the best place to go to find this year's weather would be in the monsoons in the Far East. From last year's blue sky and wonderful scenery we had Snowdonia in its most dramatic raincoat! And it was dramatic – to experience it brings to life the whole grandeur of the Snowdonia mountains. Momentous and memorable – well that's my story anyway!

Yes, as we all know, it was wet. Not perhaps quite as wet as Friday... but wet. And windy and cold, just what we did not want. As Friday dawned we had to agree that the weather forecast building up to the end of the week was about correct and drastic action was required. In retrospect, I guess that as organisers we got it somewhere near right, given all the constraints on us. We could have cancelled or we could have given Class A a taste of the Carneddau, but cancellation seemed all wrong and one competitor in trouble up there would have been very bad news.

It is really nice to read the appreciative letters and emails, particularly for the new marshals we managed to convince that they would have a good day.

Clearly Saturday was not all about weather (although at the time it seemed that way). Not one word reached my ears (who said I'm hard of hearing?) about not venturing out into the thick of the storm. I do hope that you had a memorable day on the hills, that you felt it was all worthwhile and that somewhere you feel that the level of companionship and enjoyment came shining through the rain!

Again our Technical team, especially Jeff E, John C, Alan S, Kate W and, of course, Andy M produced goods that I could not start to explain. Jean beavered away beyond any normal call of duty in a most efficient manner with the administration of the entries, a task that would be too much for most; 350+ entries ensured total success for the event. Many, many hours were spent getting the race technically into gear. We did have to dig a little deeper than normal on Friday night but by 2 am there was a glimmer of light starting to appear. Could I also mention Hilary M for her support and stability – thanks Hil.

It was sad that competitors missed out on the route up the Gribin this year – we had opened that up to more classes. But of course it is still there - why not choose a fine day and experience part of the cream of the 1000 metres, either as a scramble or a run?

### **Thanks to our sponsors and helpers who add so much to the event:**

Many thanks to First Hydro, Llanberis, for an extremely generous grant, and to the Snowdon Mountain Railway. Local people helped in many ways: the farmer at the start; the helpful staff at Pen y Pass YH; George and Jayne Wainwright at the Tyn y Coed hotel; Padarn Coaches; The National Trust and the co-operative farmers in the Ogwen valley. The army of helpers and marshals contribute so much to the success of the day. It is heartening that so many people will volunteer, at some expense to themselves, to help to run this event. Hilary Malyon did a sterling job running race control and John Cooke sat at the computer all day.

## Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

Again the Gorphwysfa say thank you to all competitors and the team of marshals – a fine effort by all concerned. Thank you to all who turned up to the prize-giving and congratulations to the prizewinners. The event is a dead duck without all of you. I have been involved in all 40 or so events, in one way or another. My experience tells me about the greatness of the event, by joining in the challenge, fun and enjoyment which lies dormant in the hills and is revealed to all those that take part.

Don't forget our website [www.welsh1000m.org](http://www.welsh1000m.org), which has a link to our Facebook page. Your comments on aspects of the race are very welcome. The Gorphwysfa look forward to seeing you again in 2013, our 42<sup>nd</sup> year.

HARVEY LLOYD 15 June 2012

# Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

## Gallery

This year was so wet, very few people took photos – even at the prize giving! So thanks to Alastair Tye for these atmospheric shots in Pen Y Pass car park.



**Second Lt Knodsen  
50 OPR Coy REME A**



**Pte Surrendra Gurung  
2 CS Bn REME B  
(and companion)**



**Col Neil Wilson  
LWC Harriers**



**Paul Barbier  
Eryri Harriers**



**John Parkinson  
Eryri Harriers**



**Sgt Kirkham  
2 FD Coy B**

# Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012



**Jonathan Croome  
Unattached**



**Three men and a dog...**

# Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

## Results

### Fell Runners: Class A / Rhedwyr Mynydd: Dosbarth A

9 Mehefin 2012

9th June 2012

Amser  
Cychwyn:  
09:00  
Start  
Time:  
09:00

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
1	169	Richard	Roberts	Male Open	Eryri Harriers	00:00	01:28	02:29	03:30:02
2	39	Matthew	Fortes	Male Open	Eryri Harriers	00:00	01:28	02:29	03:30:19
3	163	Duncan	Harris	Male Vet 40	City of Chester Triathlon Club	00:00	01:28	02:33	03:34:07
4	29	Ken	Sutor	Male Open	House Harriers	00:00	01:28	02:33	03:36:10
5	172	Matthew	Gilbert	Male Open	Wrecsam Tri	00:00	01:31	02:40	03:41:12
6	105	James	McQueen	Male Vet 40	Eryri Harriers	00:00	01:31	02:40	03:44:51
7	139	Michael	Belshaw	Male Vet 50	Eryri Harriers	00:00	01:33	02:39	03:45:20
8	79	James	Jackson	Male Vet 40	Axe Valley Runners	00:00	01:29	02:39	03:46:37
9	141	Adrian	Williams	Male Vet 40	Eryri Harriers	00:00	01:31	02:40	03:49:15
10	166	Paul	Barbier	Male Vet 40	Eryri Harriers	00:00	01:36	02:44	03:51:03
11	65	Simon	Ellis	Male Vet 40	Tattenhall Runners	00:00	01:29	02:40	03:52:47
12	122	Graham Owen	Collins	Male Vet 40	Belper Harriers	00:00	01:32	02:46	03:54:42
13	41	Manod	Rees	Male Open	Unattached	00:00	01:32	02:42	03:57:01
14	102	Jevgenijs	Petrovs	Male Open	SLOW	00:00	01:32	02:44	03:57:25
15	30	Saul	Taylor	Male Open	Belper Harriers	00:00	01:34	02:47	03:58:09
16	63	Mark	Atherton	Male Vet 40	Meirionnydd RC	00:00	01:32	02:42	03:59:18
17	66	Glyn	Fletcher	Male Vet 50	Maldwyn Harriers	00:00	01:31	02:42	04:00:33
18	146	Jim	Rhodes	Male Vet 40 Female	Bowland Fell Runners	00:00	01:33	02:49	04:02:07
19	55	Andrea	Rowlands	Open	Eryri Harriers	00:00	01:35	02:52	04:02:16
20	153	Matty	Brennan Baynham-	Male Open	Erewash Valley Running Club	00:00	01:40	02:54	04:03:14
21	5	Chris	Hughes	Male Open	Helsby RC	00:00	01:33	02:52	04:04:38
22	80	David	Wilcox	Male Vet 40	Fell Runners Association	00:00	01:31	02:40	04:04:49
23	40	David	Morris	Male Open	Unattached Pudsey &	00:00	01:36	02:55	04:05:29
24	56	David	Buchanan	Male Vet 50	Bramley AC	00:00	01:36	02:55	04:06:07
25	143	Col Neil	Wilson	Male Vet 40	LWC Harriers	00:00	01:31	02:42	04:10:13
26	160	Dylan	Webber	Male Open	Eryri Harriers	00:00	01:39	02:56	04:17:57
27	33	Paul	Chester	Male Open	Unattached	00:00	01:31	02:51	04:18:33
28	101	David	Pattison	Male Vet 40	Ful-On Tri Club	00:00	01:36	03:07	04:18:40
29	90	Ssgt	Longster	Male Open	170 (IS) Engr Gp	00:00	01:37	02:58	04:20:08
30	171	Rory	O'Donnell	Male Open	Eryri Harriers	00:00	01:32	02:53	04:23:47
31	31	Samuel Major	Harrison	Male Open	Unattached	00:00	01:42	03:05	04:24:54
32	159	William	Eden	Male Open	LWC Harriers	00:00	01:43	03:07	04:28:33
33	108	Stephen	Crosby- Jones	Male Open	Army Triathlon Association	00:00	01:46	03:10	04:30:03
34	34	Chris	Dunkerley	Male Open	Mercia Fell Runners	00:00	01:47	03:14	04:30:52

# Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

35	73	Edward	Steele	Male Open Female	Tunbridge Wells Harriers	00:00	01:47	03:15	04:34:53	
36	167	Catherine	Evans	Open	Keswick AAC	00:00	01:44	03:09	04:35:18	
37	168	Christopher	Evans	Male Open	Keswick AAC Mercia Fell	00:00	01:44	03:10	04:35:21	
38	129	Mark	Agnew	Male Vet 40	Runners Manchester	00:00	01:46	03:14	04:36:15	
39	145	Andy	Quicke	Male Open	Triathlon Club	00:00	01:40	03:07	04:36:19	
40	124	Ralph	Pawling	Male Open	Unattached	00:00	01:43	03:11	04:37:11	
41	123	John	Parkinson	Male Vet 40	Eryri Harriers Bowland Fell	00:00	01:43	03:13	04:37:15	
42	25	Yiannis	Tridimas	Male Vet 60	Runners	00:00	01:53	03:16	04:38:17	
43	134	Andy	Humphrey	Male Open	Eastleigh RC	00:00	01:51	03:21	04:41:29	
44	111	Martyn	Richards	Male Open	Unattached	00:00	01:41	03:10	04:45:37	
45	157	James	Wilson	Male Open	Unattached	00:00	01:48	03:19	04:48:13	
46	23	Neil	Standing	Male Vet 40	Unattached	00:00	01:47	03:20	04:49:10	
47	22	Russell	Taylor	Male Vet 40	Unattached Chippenham	00:00	01:47	03:21	04:49:14	
48	11	Jason	Harrison	Male Vet 40 Female Vet	Harriers	00:00	01:33	03:04	04:49:36	
49	6	Ruth	Isaacs	50	Pensby Runners Erewash Valley	00:00	01:47	03:28	04:51:24	
50	161	Richard	Hyde	Male Vet 40	Running Club Manchester	00:00	01:53	03:29	04:51:35	
51	85	Mike	Symons	Male Vet 40	YMCA Harriers Bristol and West	00:00	01:51	03:22	04:53:19	
52	53	Andy	Dunn	Male Open	AC	00:00	01:46	03:20	04:53:41	
53	116	Craig	Lewis	Male Vet 40	Amazing Feet RC	00:00	01:47	03:30	04:55:15	
54	107	Steve	Clarke	Male Vet 40	Amazing Feet RC	00:00	01:46	03:30	04:55:18	
55	135	Helen	Angharad	Female	Open	Eryri Harriers	00:00	01:50	03:23	04:55:30
56	147	Neil	Dyer	Male Open	Unattached Wells City	00:00	01:55	03:25	04:55:34	
57	130	Ian	Biggs	Male Vet 40	Harriers	00:00	01:44	03:16	04:57:21	
58	96	Andrew	Turner	Male Open	Unattached	00:00	01:43	03:17	04:59:11	
59	94	John	O'Dwyer	Male Open	Unattached	00:00	02:02	03:36	04:59:54	
60	7	Brian	Robbins	Male Vet 60	Eryri Harriers	00:00	01:54	03:34	05:02:57	
61	158	Lt Col Mike	ton	Male Vet 40	LWC Harriers	00:40*	01:33	03:04	05:03:05	
62	14	David	Owen	Male Vet 60	Prestatyn RC Clwydian Range	00:00	01:53	03:29	05:05:24	
63	128	Jim	Davis	Male Vet 40	Runners Sandbach	00:00	01:46	03:32	05:05:29	
64	74	Chris	Brumby	Male Vet 40	Striders	00:00	02:03	03:42	05:10:08	
65	170	Mark	Cliff	Male Vet 40	Unattached	00:00	01:53	03:43	05:10:38	
66	75	Gavin	Poynton	Male Open	Bowline CC	00:00	02:03	03:44	05:11:40	
67	20	Hugh	Rivett	Male Open	Unattached	00:00	01:51	03:30	05:12:01	
68	89	Ssgt	Martindal	Male Open	170 (IS) Engr Gp	00:00	01:47	03:31	05:13:07	
69	78	Jonathan	Croome	Male Vet 40	Unattached Southport	00:00	01:57	03:34	05:13:31	
70	121	Edwin	Sherstone	Male Vet 40	Waterloo AC	00:00	01:57	03:35	05:13:38	
71	133	Clive	Edwards	Male Vet 50	WFRA	00:00	01:54	03:36	05:14:14	
72	19	Nich	Bradley	Male Vet 50	Meirionnydd Running Club	00:00	01:57	03:39	05:16:52	
73	46	Alistaire	MacGrego r	Male Open Female Vet	Unattached City of Chester	00:00	01:49	03:39	05:17:51	
74	92	Jan	Rogers	40	Triathlon Club Cumberland Fell	00:00	01:54	03:46	05:20:28	
75	127	Iain	Povey	Male Vet 50	Runners Metropolitan	00:00	01:56	03:41	05:21:07	
76	64	Mr Jamie	Dale	Male Open Female	Police AC	00:00	02:02	03:36	05:22:16	
77	15	Lisa	Grantham	Open	Wirral AC	00:40*	01:35	03:17	05:24:59	
78	71	Andrew	Ryan	Male Open	Unattached	00:00	02:02	03:49	05:25:01	
79	84	James	Ballard	Male Open	Unattached	00:00	02:02	03:49	05:25:07	



# Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

80	120	Andy	McPherson	Male Open	Brabond A.C. Tunbridge Wells	00:00	02:05	03:45	05:25:40
81	35	Simon	Holford	Male Vet 40	Harriers Tunbridge Wells	00:00	02:02	03:56	05:28:59
82	38	George	Harris	Male Open	Harriers	00:00	02:02	03:56	05:29:02
83	1	Nigel	Crompton	Male Vet 50	Pensby Runners	00:00	01:54	03:43	05:30:13
84	18	Darren	Burns	Male Vet 40	Fell Ponies	00:00	02:09	03:52	05:30:45
85	44	Peter	Lester-Owen	Male Vet 50	Mysteruns of Abergele	00:00	02:01	03:53	05:36:44
86	99	Celia	Mills	Female Vet 40	Mercia Fell Runners	00:00	02:01	03:54	05:36:52
87	144	Mark	Card	Male Open	Unattached	00:00	02:03	03:57	05:49:38
88	87	John	Pelton	Male Vet 40	Unattached	00:00	02:07	03:58	05:52:44
89	86	Stephen	Whitlock	Male Vet 40	Unattached	00:00	02:07	03:58	05:52:50
90	13	John	Newby	Male Vet 40	Somerset RC Tri	00:00	02:10	04:16	05:56:16
91	12	Matt	Price	Male Vet 40	Somerset RC Tri	00:00	02:10	04:16	05:56:23
92	59	Alwyn	Williams	Male Open	Eryri Harriers	00:00	02:10	04:00	06:05:42
93	82	Roy	Mitton	Male Vet 40	170 (IS) Engr Gp Cheshire Hash	00:00	02:16	04:22	06:07:54
94	42	Ian	Blakebrough	Male Vet 60	House Harriers	00:00	02:09	04:16	06:11:49
95	16	Chris	Gunn	Male Vet 40	Somerset R.C. Tri	00:40*	02:10	04:16	06:31:02
=	148	Ashley	Wager	Male Vet 50	Eryri Harriers Clwydian Range Runners		01:36	03:07	Rtd
=	61	Chris	Wilcox	Male Vet 50			01:45	03:22	Rtd
=	164	Peter	Browning	Male Vet 50			01:54		Rtd
=	162	Philippe	Wery	Male Vet 40	Southville RC		02:05		Rtd

\* Failed to punch at Ugain

## Mountaineers: Class B & C / Mynyddwyr: Dosbarth B & C

9 Mehefin 2012

9th June 2012

Amser  
Cychwyn:  
08:30  
Start  
Time:  
08:30

Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish	
1	233	Thomas	Prytherch	Male Vet 40	Police	00:00	01:44	03:15	04:44:29
2	210	Robert	Hind	Male Vet 50	NW Police	00:00	01:45	03:29	04:57:05
1	194	James	Allen	Male Open	Unattached	00:00	02:08	03:42	05:09:07
2	184	Roy	Silver	Male Vet 50	Les Croupiers	00:00	02:05	03:42	05:12:13
3	207	Paul	Hodges	Male Vet 40	Eryri Harriers	00:00	02:02	03:38	05:15:40
3	199	Shaun	Phillips	Male Vet 40	Unattached	00:00	02:05	03:46	05:19:58
4	239	Martin	Crossley	Male Open	Unattached	00:00	02:18	04:06	05:47:51
4	185	Nathan	Jones	Male Open	Harriers	00:00	02:24	04:17	05:56:21
5	186	Anthony	Jones	Male Open	Unattached	00:00	02:24	04:17	05:56:26
6	178	Pat	Peers	Female Vet 50	Pensby Runners	00:00	02:21	04:27	06:06:56
7	187	Wo2 Tim	Webber	Male Vet 40	106 regt Rt (V)	00:00	02:16	04:17	06:16:46
8	181	Pete	Shelling	Male Vet 40	RAFMA	00:00	02:21	04:25	06:23:08
9	193	Steve	Harris	Male Vet 50	WFRA	00:00	02:21	04:17	06:23:23
10	191	Shaun	Bellinger	Male Vet 40	Unattached	00:00	02:24	04:26	06:24:34
5	216	Michael	O'rourke	Male Vet 50	Unattached	00:00	03:03	05:01	06:41:49
6	228	John	Gibson	Male Vet 40	Unattached	00:00	03:02	05:00	06:46:01
11	200	Andrew	Wooderson	Male Vet 50	Unattached	00:00	02:33	04:43	06:56:13
12	176	Colin	Baker	Male Vet 40	Unattached	00:00	02:56	05:23	07:06:48
7	221	Claire	O'Rouke	Open	Unattached	00:00	03:03	05:15	07:08:56
8	229	John	Ansell	Male Open	Unattached	00:00	02:55	05:11	07:16:23
9	230	Jeff	Price	Male Open	MBNW	00:00	02:55	05:11	07:16:33
13	180	Martin	Norton	Male Open	Unattached	00:00	02:57	05:25	07:19:42
14	177	Joe	Barlow	Male Vet 50	Unattached	00:00	02:57	05:25	07:33:45

# Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

15	179	Andy	Cox	Male Vet 40	Unattached	00:00	02:58	05:24	07:46:19
10	227	Andrew	Moncur	Male Open	Unattached	00:00	03:00	05:27	07:53:57
11	218	Steven	Mason	Male Open	Unattached	00:00	02:59	05:26	07:54:07
12	217	Anthony	Mason	Male Vet 50	Unattached	00:00	03:00	05:26	07:54:18
16	195	Geoff	Price	Male Vet 60	Unattached	00:00	03:08	05:51	07:54:45
13	213	Michael	Davies	Male Vet 50	Unattached	00:00	03:03	05:40	07:56:29
14	215	John	Watts	Male Vet 40	Unattached	00:00	03:03	05:40	07:56:46
15	231	Luke	Richards	Male Open	Unattached	00:00	03:02	06:18	07:57:47
17	188	Wo2 Jason	Vernon	Male Vet 40	210Bty	00:00	02:58	05:24	08:02:22
18	189	Matthew	Barlow	Male Vet 40	Unattached	00:00	02:57	05:25	08:03:43
				Female					
16	223	Helen	O'Rouke	Open	Unattached	00:00	03:03	05:41	08:07:33
19	183	Howard	Dymond	Male Open	Unattached	00:00	03:01	05:49	08:08:39
17	222	Martin	O'Rouke	Male Vet 50	Unattached	00:00	03:03	05:41	08:08:47
20	182	Ken	Pudney	Male Vet 50	Unattached	00:00	03:01	05:50	08:11:48
18	208	Mark	Evans	Male Open	Unattached	00:00	02:39	05:31	08:13:01
				Female Vet					
19	237	Caroline	White	50	Unattached	00:00	03:06	05:55	08:24:33
=	232	Christopher	Richards	Male Vet 60	Unattached		03:02	06:23	Rtd
=	238	Fraser	Mackay	Male Vet 60	Unattached		02:53		Rtd
=	190	Mike	Grice	Male Vet 40	Unattached		03:01		Rtd
			Hutchinson						
=	220	Alistair	n	Male Open	Unattached		03:03		Rtd

**Team: Class D / Tim: Dosbarth D**

**9 Mehefin 2012**

**9th June 2012**

**Amser Cychwyn: 08:00  
Start Time: 08:00**

Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish	
1	287	Second Lt	Knudsen	Male Open	50 OPR Coy REME A	00:00	02:02	03:36	04:52:00
2	274	Lcpl	Reason	Male Junior	2 CS Bn REME A	00:00	02:01	03:35	04:56:52
3	275	Cpl Neil	Craven	Male Junior	2 CS Bn REME A	00:00	02:01	03:34	04:59:12
4	288	Cpl	Jilley	Male Open	50 OPR Coy REME A	00:00	02:02	03:36	05:03:25
5	290	Lt	Brook	Male Open	50 OPR Coy REME A	00:00	02:01	03:35	05:04:09
6	273	Warrant Officer CI2 Scott	Thomas	Male Open	2 CS Bn REME A	00:00	02:01	03:35	05:06:15
7	277	Pte	Gurung	Male Junior	2 CS Bn REME B	00:00	02:02	03:38	05:15:01
8	276	Surrendra Cpl Jamie	Parker	Male Junior	2 CS Bn REME B	00:00	02:02	03:38	05:17:28
9	278	Thompso n	Anderson	Male Junior	2 CS Bn REME B	00:00	02:02	03:38	05:26:21
10	285	Cpl	Anderson	Male Open	2 FD Coy B	00:00	02:20	04:04	05:37:50
11	296	Cpl	Foster	Male Open	101 FS Bn REME A (Res)	00:00	02:18	04:14	05:48:28
12	295	Ssgt	Tinker	Male Open	101 FS Bn REME A (Res)	00:00	02:18	04:14	05:52:32
13	284	Sgt	Kirkham	Male Open	2 FD Coy B	00:00	02:19	04:04	05:54:10
14	299	Cfn	Harkins	Male Open	50 OPR Coy REME B	00:00	02:18	04:17	05:56:14
15	300	Cfn	Watson	Male Open	50 OPR Coy REME B	00:00	02:18	04:17	05:57:38
16	286	Cpl	Haslam	Male Open	2 FD Coy B	00:00	02:20	04:04	06:00:03
17	283	Cfn	McRoberts	Male Open	2 FD Coy B	00:00	02:20	04:04	06:00:16
18	301	Cfn	Tinsley	Male Open	50 OPR Coy REME B	00:00	02:18	04:17	06:04:15
19	302	Lt	Brook	Male Open	50 OPR Coy REME B	00:00	02:18	04:17	06:12:05
20	298	Cfn	Leah	Male Open	101 FS Bn REME A (Res)	00:00	02:18	04:14	06:12:18

# Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

21	294	Pte	Pritchard	Male Open	101 FS Bn REME A (Res)	00:00	02:18	04:14	06:16:46
22	255	Second Lt	Chapple	Male Open	457Bty (Res)	00:00	02:37	05:13	06:46:42
23	297	Lcpl	Shea	Male Open	101 FS Bn REME B (Res)	00:00	02:41	04:57	06:55:44
24	291	Lcpl	Myatt	Male Open	101 FS Bn REME B (Res)	00:00	02:41	04:59	07:16:03
25	315	Bdr	Whitby	Male Open	24 Bty B	00:00	02:41	05:14	07:16:50
26	319	Bdr	Burnett	Male Open	24 Bty C	00:00	02:41	05:14	07:16:58
27	320	Gnr	Christie	Male Junior	24 Bty C	00:00	02:41	05:14	07:18:07
28	235	Liam	Ward	Male Open	17 Port and Maritime Workshop B	00:00	02:49	05:10	07:20:39
29	236	Christian	Le Gallez	Male Open	17 Port and Maritime Workshop B	00:00	02:49	05:11	07:20:46
30	234	Steven	Fergusson	Male Open	17 Port and Maritime Workshop B	00:00	02:49	05:11	07:21:11
31	269	Jack	Harris	Male Open	17 Port and Maritime Workshop	00:00	02:49	05:11	07:21:22
32	268	Chris	Evans	Male Open	17 Port and Maritime Workshop	00:00	02:49	05:10	07:21:31
33	266	Gordon	Meikle	Male Open	17 Port and Maritime Workshop	00:00	02:49	05:10	07:21:46
34	267	Harry	Turner	Male Open	Workshop	00:00	02:49	05:11	07:22:03
35	279	Philip	Brighthouse	Male Open	8 Flight AAC	00:00	03:16	05:43	07:25:14
36	282	Oliver	Jenkinson	Male Open	8 Flight AAC	00:00	03:16	05:43	07:25:37
37	324	Sgt	Barbour	Male Open	34 Bty	00:00	02:53	05:35	07:26:29
38	326	Gnr	Munegna	Male Junior	34 Bty	00:00	02:53	05:35	07:27:21
39	257	Gnr	Hope	Male Open	457Bty (Res)	00:00	02:38	05:13	07:27:38
40	256	Sgt	Keddity	Male Open	457Bty (Res)	00:00	02:37	05:13	07:29:06
41	321	Gnr	Cooper	Male Junior	24 Bty C	00:40*	02:41	05:14	07:31:45
42	316	Gnr	Palmer	Male Junior	24 Bty B	00:40*	02:41	05:14	07:31:52
43	322	Gnr	Golden	Male Open	24 Bty C	00:40*	02:41	05:14	07:31:57
44	318	Gnr	Ternent	Male Open	24 Bty B	00:40*	02:41	05:14	07:32:10
45	317	Gnr	Speakman	Male Open	24 Bty B	00:40*	02:41	05:14	07:32:18
46	263	Lbdr	Brooks	Male Open	210 Bty (Res)	00:00	02:46	05:24	07:45:21
47	258	WO2	Webber	Male Vet 40	265 Bty (Res)	00:00	03:01	05:31	07:50:47
48	260	Gnr	Griffin	Male Open	265 Bty (Res)	00:00	03:00	05:29	07:51:05
49	323	Sgt	Kelly	Male Open	34 Bty	00:00	02:53	05:36	07:53:01
50	325	Sgt	Williams	Male Open	34 Bty	00:00	02:53	05:36	07:53:17
51	280	Richard	Shickle	Male Open	8 Flight AAC	00:00	03:16	05:44	07:55:44
52	281	Chris	Linguard	Male Open	8 Flight AAC	00:00	03:15	05:45	07:56:19
53	270	Captain Paul	Cooper	Male Open	PJHQ	00:00	03:04	05:32	08:02:22
54	272	Adam	Stapley	Male Open	PJHQ	00:00	03:04	05:32	08:02:37
55	271	Major Matt	Hughes	Male Open	PJHQ	00:00	03:04	05:32	08:02:43
56	254	Wo2	Horrigan	Male Vet 40 Female	457Bty (Res)	00:00	02:38	05:17	08:11:48
57	248	Sgt Diane	Mitson	Open	170 (IS) Engr Gp	00:00	03:03	05:47	08:12:02
58	249	Spr Ben	Jarratt	Male Open	170 (IS) Engr Gp	00:00	03:03	05:47	08:12:23
59	247	Ssgt	Robinson	Male Open	170 (IS) Engr Gp	00:00	03:03	05:47	08:12:25
60	261	Gnr	Dellow	Male Open	265 Bty (Res)	00:00	03:01	05:24	08:13:12
61	264	Gnr	Henley	Male Open	210 Bty (Res)	00:00	02:47	05:54	08:13:30
62	265	Gnr	Penny	Male Junior Female	210 Bty (Res)	00:00	02:46	05:54	08:13:44
63	262	LBdr	Kitajewski	Open	210 Bty (Res)	00:00	02:47	05:54	08:13:54
64	308	Sgt	Acland	Male Vet 40	JADTEU	00:00	03:02	05:52	08:18:20
65	307	Capt	Masterton	Male Vet 40	JADTEU	00:00	03:02	05:52	08:18:38
66	309	Csgt	Curley	Male Open	JADTEU	00:00	03:02	05:52	08:18:54

## Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

67	331	Thomas	Salt	Male Open	Knight Ambling	00:00	03:03	05:51	08:23:28
68	333	George	Salt	Male Open	Knight Ambling	00:00	03:04	05:52	08:23:38
69	332	Peter	Knight	Male Open	Knight Ambling	00:00	03:04	05:52	08:23:47
70	259	WO2	East Budna	Male Vet 40	265 Bty (Res)	<b>00:40*</b>	03:01	05:31	08:28:24
=	306	Cfn	Magar Edmonds	Male Open	2FD Coy A 101 FS Bn REME		02:04	03:56	Rtd
=	293	Cfn	Seabourne	Male Open	B (Res) 101 FS Bn REME		02:41	05:46	Rtd
=	292	Lcpl		Male Open	B (Res) 50 OPR Coy		02:41	05:46	Rtd
=	289	Lcpl	Henley	Male Open	REME A		02:02		Rtd
=	305	Cfn	Moss	Male Open	2FD Coy A		02:04		Rtd
=	303	Lcpl	Rai	Male Open	2FD Coy A		02:04		Rtd
=	304	Cfn	Evans	Male Junior	2FD Coy A		02:04		Rtd
=	311	Bdr	Davis	Male Open	24 Bty A		02:33		Rtd
=	312	Gnr	Bratton	Male Junior	24 Bty A		02:33		Rtd
=	314	Gnr	Williams	Male Junior	24 Bty A		02:33		Rtd
=	313	Gnr	Cook	Male Junior	24 Bty A		02:33		Rtd
=	327	Gnr	Seal	Male Open	1st Bty		03:20		Rtd
=	329	Bdr	Davies	Male Open	1st Bty		03:20		Rtd
=	330	Bdr	Lyons	Male Open	1st Bty		03:20		Rtd
=	328	Sgt	Dunkley	Male Open	1st Bty		03:20		Rtd

\* Failed to punch at Ugain

### Fell Runners: Class E / Rhedwyr Mynydd: Dosbarth E

9 Mehefin 2012

9th June 2012

**Amser  
Cychwyn:  
10:41  
Start  
Time:  
10:41**

Safle Pos	Rhif No.	Enw Name	Dosbarth Category	Clwb Club	Cosb Penalty	Pen y Pass	Diwedd Finish
1	51	Lawrence	Eccles	Male Open	00:00	00:55	01:54:51
2	363	Lliffon	Foulkes	Male Open	00:00	00:59	02:01:38
3	353	Kean	Rowlands	Male Vet 50	00:00	00:59	02:06:32
4	104	Steven	Knight Clemerson	Male Open	00:00	01:01	02:06:58
5	241	Cedric	n	Male Vet 50	00:00	01:07	02:19:29
6	36	Matt	Harrison	Male Open	00:00	01:05	02:22:35
7	355	Ifan Richard	Evans	Male Vet 40	00:00	01:09	02:22:53
8	345	Sandra	Rowlands	Female Vet 40	00:00	01:10	02:23:10
9	37	Andy	Robinson	Male Vet 40	00:00	01:05	02:23:20
10	69	Edward	Powell	Male Open	00:00	01:02	02:24:17
11	67	Anthony	Powell McCoubrey	Male Open	00:00	01:02	02:24:26
12	149	Brian	y	Male Open	00:00	01:14	02:26:40
13	354	Keith	Williams	Male Vet 40	00:00	01:12	02:27:37
14	344	Robin	Carter	Female Vet 50	00:00	01:12	02:27:40
15	356	Mike	Blake	Male Vet 60	00:00	01:09	02:31:45
16	106	Simon	McAllister	Male Vet 40	00:00	01:18	02:36:38
17	349	Steve	Eastwood	Male Vet 50	00:00	01:18	02:36:46
18	343	Jillian	Holford	Female Vet 40	00:00	01:38	03:09:21
19	362	Stephen	Taylor	Male Open	00:00	02:28	04:56:15
20	361	Bernard	Taylor	Male Vet 60	00:00	02:28	04:57:17
21	359	Kathleen	Taylor	Female Open	00:00	02:28	04:57:32
22	360	Matthew	Evans	Male Open	00:00	02:28	04:57:46

# Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

**Mountaineers: Class F /  
Mynyddwyr: Dosbarth F**

9 Mehefin 2012

9th June 2012

**Amser  
Cychwyn:  
10:41  
Start  
Time:  
10:41**

Safle Pos	Rhif No.	Enw Name		Dosbarth Category	Clwb Club	Cosb Penalty	Ogwen	Pen y Pass	Diwedd Finish
1	197	Caroline	Wilson	Female Vet 50	Unattached	00:00		01:29	03:28:36
2	196	Claire	Liversage	Female Vet 40	Unattached	00:00		01:29	03:28:38
3	198	Robert	Glaze	Male Vet 40	Unattached	00:00		01:29	03:28:44
4	377	Alu	Roberts	Male Vet 40	Unattached	00:00		01:34	03:34:29
5	373	David	Jenns	Male Vet 60 Female Vet	Unattached	00:00		01:47	03:42:44
6	372	Lorraine	Croome	40	Unattached	00:00		02:00	03:51:47
7	375	Harold	Binmore	Male Vet 60	Unattached	00:00		02:04	04:34:49
8	385	Perry	Bellis	Male Vet 40	Unattached	00:00		02:08	04:45:38
9	379	Barry	Hughes	Male Vet 40	Unattached	00:00		02:05	04:45:40
10	378	Peter	Potter	Male Vet 50	Orienteering Club	00:00		02:07	04:45:49
11	374	Tony	Grandon	Male Vet 60 Female	LDWA	00:00		02:21	04:51:48
12	381	Alexi Alexandra	Williams	Open Female	Unattached	<b>00:40*</b>		02:24	05:01:45
13	383	Helen	Pugh	Open Female	Unattached	<b>00:40*</b>		02:24	05:01:49
14	382	Jane	McGill	Open Female	Unattached	<b>00:40*</b>		02:21	05:02:41
15	386	Tanya	Richardson	Open Female Vet	Unattached	00:00		02:41	05:33:35
16	371	Louise	Price	40 Female	N/A	00:00		03:15	06:25:00
17	376	Sheena	Vowles	Open	Unattached	00:00		03:15	06:26:44

\* Failed to punch at Ugain

# Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

## Canlyniadau Tim / Team Results

<b>50 OPR Coy REME A</b>	<b>286</b>	<b>Aggregate Amser /Time</b>	<b>14:59:34</b>
Rhif / No	Enw / Name		Amser / Time
289	Lcpl Henley		
287	Second Lt Knodsen		04:52:00
288	Cpl Jilley		05:03:25
290	Lt Brook		05:04:09
<b>2 CS Bn REME A</b>	<b>268</b>	<b>Aggregate Amser /Time</b>	<b>15:02:19</b>
Rhif / No	Enw / Name		Amser / Time
274	Lcpl Reason		04:56:52
275	Cpl Neil Craven		04:59:12
273	Warrant Officer Cl2 Scott Thomas		05:06:15
<b>2 CS Bn REME B</b>	<b>271</b>	<b>Aggregate Amser /Time</b>	<b>15:58:50</b>
Rhif / No	Enw / Name		Amser / Time
277	Pte Surrendra Gurung		05:15:01
276	Cpl Jamie Parker		05:17:28
278	LCol Thompson		05:26:21
<b>2 FD Coy B</b>	<b>282</b>	<b>Aggregate Amser /Time</b>	<b>17:32:03</b>
Rhif / No	Enw / Name		Amser / Time
285	Cpl Anderson		05:37:50
284	Sgt Kirkham		05:54:10
286	Cpl Haslam		06:00:03
283	Cfn McRoberts		06:00:16
<b>101 FS Bn REME A (Res)</b>	<b>294</b>	<b>Aggregate Amser /Time</b>	<b>17:53:18</b>

## Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

	Rhif / No	Enw / Name			Amser / Time
	296	Cpl	Foster		05:48:28
	295	Ssgt	Tinker		05:52:32
	298	Cfn	Leah		06:12:18
	294	Pte	Pritchard		06:16:46
<b>50 OPR Coy REME B</b>	<b>298</b>		<b>Aggregate</b>		<b>Amser /Time</b>
					<b>17:58:07</b>
	299	Cfn	Harkins		05:56:14
	300	Cfn	Watson		05:57:38
	301	Cfn	Tinsley		06:04:15
	302	Lt	Brook		06:12:05
<b>457Bty (Res)</b>	<b>179</b>		<b>Aggregate</b>		<b>Amser /Time</b>
					<b>21:43:26</b>
	255	Second Lt	Chapple		06:46:42
	257	Gnr	Hope		07:27:38
	256	Sgt	Keddity		07:29:06
	254	Wo2	Horrigan		08:11:48
<b>17 Port and Maritime Workshop B</b>	<b>167</b>		<b>Aggregate</b>		<b>Amser /Time</b>
					<b>22:02:36</b>
	235	Liam	Ward		07:20:39
	236	Christian	Le Gallez		07:20:46
	234	Steven	Fergusson		07:21:11
<b>17 Port and Maritime Workshop</b>	<b>235</b>		<b>Aggregate</b>		<b>Amser /Time</b>
					<b>22:04:39</b>
	269	Jack	Harris		07:21:22
	268	Chris	Evans		07:21:31
	266	Gordon	Meikle		07:21:46
	267	Harry	Turner		07:22:03
<b>24 Bty C</b>	<b>320</b>		<b>Aggregate</b>		<b>Amser /Time</b>
					<b>22:06:50</b>

# Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

			<b>Amser /Time</b>
	Rhif / No	Enw / Name	Amser / Time
	319	Bdr	Burnett 07:16:58
	320	Gnr	Christie 07:18:07
	321	Gnr	Cooper 07:31:45
	322	Gnr	Golden 07:31:57
<b>24 Bty B</b>	<b>316</b>		<b>Aggregate Amser /Time 22:20:52</b>
	Rhif / No	Enw / Name	Amser / Time
	315	Bdr	Whitby 07:16:50
	316	Gnr	Palmer 07:31:52
	318	Gnr	Ternent 07:32:10
	317	Gnr	Speakman 07:32:18
<b>8 Flight AAC</b>	<b>274</b>		<b>Aggregate Amser /Time 22:46:35</b>
	Rhif / No	Enw / Name	Amser / Time
	279	Philip	Brighthouse 07:25:14
	282	Oliver	Jenkinson 07:25:37
	280	Richard	Shickle 07:55:44
	281	Chris	Linguard 07:56:19
<b>34 Bty</b>	<b>328</b>		<b>Aggregate Amser /Time 22:46:51</b>
	Rhif / No	Enw / Name	Amser / Time
	324	Sgt	Barbour 07:26:29
	326	Gnr	Munegna 07:27:21
	323	Sgt	Kelly 07:53:01
	325	Sgt	Williams 07:53:17
<b>265 Bty (Res)</b>	<b>183</b>		<b>Aggregate Amser /Time 23:55:04</b>
	Rhif / No	Enw / Name	Amser / Time
	258	WO2	Webber 07:50:47
	260	Gnr	Harper Griffin 07:51:05
	261	Gnr	Dellow 08:13:12
	259	WO2	East 08:28:24



## Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

<b>PJHQ</b>	<b>244</b>	<b>Aggregate Amser /Time</b>	<b>24:07:42</b>
	Rhif / No	Enw / Name	Amser / Time
	270	Captain Paul Cooper	08:02:22
	272	Captain Adam Stapley	08:02:37
	271	Major Matt Hughes	08:02:43
<b>210 Bty (Res)</b>	<b>187</b>	<b>Aggregate Amser /Time</b>	<b>24:12:35</b>
	Rhif / No	Enw / Name	Amser / Time
	263	Lbdr Brooks	07:45:21
	264	Gnr Henley	08:13:30
	265	Gnr Penny	08:13:44
	262	LBdr Kitajewski	08:13:54
<b>170 (IS) Engr Gp</b>	<b>121</b>	<b>Aggregate Amser /Time</b>	<b>24:36:50</b>
	Rhif / No	Enw / Name	Amser / Time
	246	Ssgt Andy Hopwood	
	248	Sgt Diane Mitson	08:12:02
	249	Spr Ben Jarratt	08:12:23
	247	Ssgt Robinson	08:12:25
<b>JADTEU</b>	<b>307</b>	<b>Aggregate Amser /Time</b>	<b>24:55:52</b>
	Rhif / No	Enw / Name	Amser / Time
	310	Sac Dunstan	
	308	Sgt Acland	08:18:20
	307	Capt Masterton	08:18:38
	309	Csgt Curley	08:18:54
<b>Knight Ambling</b>	<b>347</b>	<b>Aggregate Amser /Time</b>	<b>25:10:53</b>
	Rhif / No	Enw / Name	Amser / Time
	334	Charles Salt	
	331	Thomas Salt	08:23:28

# Ras Mynyddoedd 1000 Metr Cymru 2012 / Welsh 1000 Metre Race 2012

333	George	Salt	08:23:38
332	Peter	Knight	08:23:47